

IFW

PATENT APPLICATION

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re the application of:

Attorney Docket No.: 3218.01US02

Bjugstad et al.

Confirmation No.: 2073

Application No.: 10/766,692

Examiner: Hwang, V.K.

Filed: January 28, 2004

Group Art Unit: 3764

For: WEIGHTED TRAINING TAPE

INFORMATION DISCLOSURE STATEMENT

Mail Stop Amendment
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

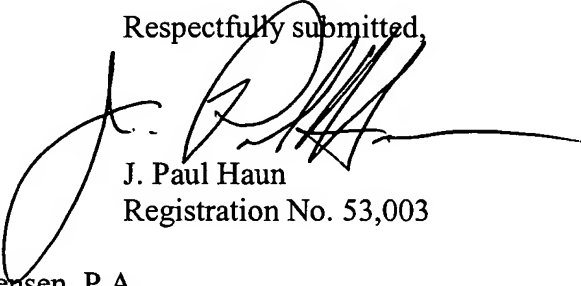
Sir:

Pursuant to 37 C.F.R. § 1.56, the attention of the Patent and Trademark Office is hereby directed to the references listed on the attached Form PTO-1449. It is respectfully requested that the information be expressly considered during the prosecution of this application, and that the references be made of record therein and appear among the "References Cited" on any patent to issue therefrom.

This information is being filed before the mailing date of a first Office Action on the merits. No certification or fee is required.

This application was filed after June 30, 2003; therefore, copies of cited U.S. patents and U.S. published applications are not included. Copies of the cited Canadian patents and one (1) non-patent reference are enclosed.

Respectfully submitted,


J. Paul Haun
Registration No. 53,003

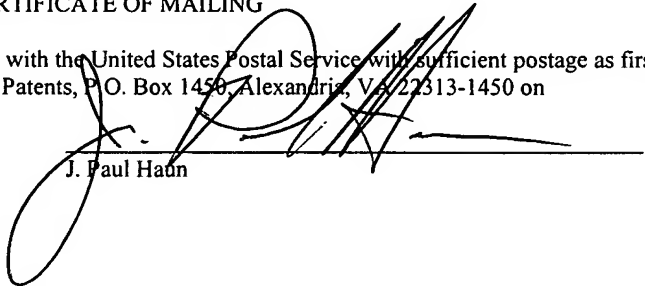
Customer No. 24113
Patterson, Thuente, Skaar & Christensen, P.A.
4800 IDS Center
80 South 8th Street
Minneapolis, Minnesota 55402-2100
Telephone: (612) 349-3009

Please grant any extension of time necessary for entry; charge any fee due to Deposit Account No. 16-0631.

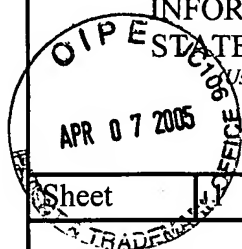
CERTIFICATE OF MAILING

I hereby certify that this document is being deposited with the United States Postal Service with sufficient postage as first class mail in an envelope addressed to: Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450 on

April 4, 2005
Date of Deposit


J. Paul Haun

Substitute for form 1449/PTO			Complete if Known	
INFORMATION DISCLOSURE STATEMENT BY APPLICANT <i>(Use as many sheets as necessary)</i>			Application Number	10/766,692
			Filing Date	January 28, 2004
			First Named Inventor	Bjugstad et al.
			Art Unit	3764
			Examiner Name	Hwang, V.K.
Sheet	of	2	Attorney Docket Number	3218.01US02



U.S. PATENT DOCUMENTS				
EXAMINER INITIAL*	Cite No. ¹	Document Number	Publication Date MM-DD-YYYY	Name of Patentee or Applicant of Cited Document
		Number-Kind Code ² (if known)		
		US-3,521,883	07-1970	Hamilton
		US-3,834,697	09-1974	McNamara et al.
		US-4,142,721	03-1979	Faleck et al.
		US-4,364,560	12-1982	Gemmel
		US-4,491,320	01-1985	Smith
		US-5,484,146	01-1996	Loschiavo
		US-5,520,386	05-1996	Sasko
		US-5,993,325	11-1999	Heyer
		US-6,328,666	12-2001	Manory
		US-2002/0142867	10/2002	Peterson et al.
		US-2002/0151386	10/2002	Williams
		US-		
		US-		
		US-		
		US-		
		US-		
		US-		
		US-		
		US-		

FOREIGN PATENT DOCUMENTS					
EXAMINER INITIAL*	Cite No. ¹	Foreign Patent Document	Publication Date MM-DD-YYYY	Name of Patentee or Applicant of Cited Document	T ⁶
		Country Code ³ Number ⁴ Kind Code ⁵ (if known)			
		CA 2,155,128	02-1994	Miller et al.	
		CA 2,141,150	07-1996	Cielo	
		CA 2,184,150	03-1997	Meyers et al.	
		CA 2,217,759	05-1999	Callahan et al.	
		CA 2,258,706	07-2000	Paul	
		CA 2,330,797	07-2002	Bertram	

EXAMINER SIGNATURE	DATE CONSIDERED
-----------------------	--------------------

*EXAMINER: Initial if reference considered, whether or not citation is in conformance with MPEP 609. Draw line through citation if not in conformance and not considered. Include copy of this form with next communication to applicant.

¹Applicant's unique citation designation number (optional). ²See Kinds Codes of USPTO Patent Documents at www.uspto.gov or MPEP 901.04. ³Enter Office that issued the document, by the two-letter code (WIPO Standard ST.3). ⁴For Japanese patent documents, the indication of the year of the reign of the Emperor must precede the serial number of the patent document. ⁵Kind of document by the appropriate symbols as indicated on the document under WIPO Standard ST. 16 if possible. ⁶Applicant is to place a check mark here if English language Translation is attached.

This collection of information is required by 37 CFR 1.97 and 1.98. The information is required to obtain or retain a benefit by the public which is to file (and by the USPTO to process) an application. Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.14. This collection is estimated to take 2 hours to complete, including gathering, preparing, and submitting the completed application form to the USPTO. Time will vary depending upon the individual case. Any comments on the amount of time you require to complete this form and/or suggestions for reducing this burden, should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, U.S. Department of Commerce, Washington, DC 20231. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: Commissioner for Patents, P.O. Box 1450 Alexandria, VA 22313-1450.

Substitute for form 1449/PTO		Complete if Known	
 <p>INFORMATION DISCLOSURE STATEMENT BY APPLICANT (Use as many sheets as necessary)</p>		Application Number	10/766,692
		Filing Date	January 28, 2004
		First Named Inventor	Bjugstad et al.
		Art Unit	3764
		Examiner Name	Hwang, V.K.
Sheet 1 of 2	2	Attorney Docket Number	3218.01US02
NON PATENT LITERATURE DOCUMENTS			
EXAMINER INITIAL*	Cite No. ¹	Include name of the author (in CAPITAL LETTERS), title of the article (when appropriate), title of the item (book, magazine, journal, serial, symposium, catalog, etc.), date, page(s), volume-issue number(s), publisher, city and/or country where published	T ²
		Website print-out: <i>Iron Arms</i> , Transcendant Training Products; 1 pg. Copyright 2001 TIP Sports.	
EXAMINER SIGNATURE	DATE CONSIDERED		
<p>*EXAMINER: Initial if reference considered, whether or not citation is in conformance with MPEP 609. Draw line through citation if not in conformance and not considered. Include copy of this form with next communication to applicant. ¹Applicant's unique citation designation number (optional). ²Applicant is to place a check mark here if English language Translation is attached.</p> <p>This collection of information is required by 37 CFR 1.98. The information is required to obtain or retain a benefit by the public which is to file (and by the USPTO to process) an application. Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.14. This collection is estimated to take 120 minutes to complete, including gathering, preparing, and submitting the completed application form to the USPTO. Time will vary depending upon the individual case. Any comments on the amount of time you require to complete this form and/or suggestions for reducing this burden, should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, U.S. Department of Commerce, Washington, DC 20231. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: Commissioner for Patents, P.O. Box 1450 Alexandria, VA 22313-1450.</p>			
<p>If you need assistance in completing the form, call 1-800-PTO-9199 (1-800-786-9199) and select option 2.</p>			